

## Amp Me Up!

*Creating highly productive teams that exceed organization goals.*



Craving harmony on your team, team members that go above and beyond, dynamics that produce amazing top quality work? Caught fantasizing about doing great work and it actually being fun? You are not insane. That is how we work at Comskil and how our clients work. For real.

It did not happen overnight, we had to work at it, our clients have to work at it. But we did it and they did it.

Our secret sauce you ask. Our president and CEO, Galina Knopman, researched, studied, prototyped, and continues to successfully implement the VPS

(Visualize Personal Success) and OrGro (Organizational Growth) models with startlingly amazing results. The models are based on neuroscience, leadership and systems theory related to change, relationships, perspective and reducing stress. **Amp Me Up!** integrates VPS and OrGro, in one workshop addressing individual growth, organizational growth and the interplay between them.

Comskil's **Amp Me Up!** workshop focuses feeling valued, appreciated, and motivated at all levels of leadership and staff. Your ROI is a team that is highly productive and exceeds the expectation of organization and team goals. In this workshop, Ms. Knopman will set the stage for individual self-reflection. The participants delve into self-awareness with exercises that evoke curiosity and self-acceptance, then into awareness of how each individual shows up at work and into taking responsibility for their individual and team participation, contribution, and growth.

Participants engage in individual exercises reflecting on questions that help them feel comfortable and are safely challenging. Conversations and dialog flow. The participants move into expanding their self-awareness and awareness of how they show up on their teams, then hone in on increasing an understanding of their role within the team dynamics as they practice shifting their teams into their ideal state. Topics covered are:

- Individual Growth and Organizational Change.
- Leadership Skills, e.g., managing stress, communication, conflict management, relationship building, team building.
- Productivity, Expectations and Perspective.

### Learning Outcomes:

- Deeper awareness of how you are impacted by and can impact the workplace.
- Excel in your multiple roles while targeting your professional and personal inspiration and aspirations.
- Behavioral awareness and new skills for being inclusive versus exclusive.
- Enhancing skills for personal growth and participating in organizational growth.
- High performing teams.

The workshop is loaded with exercises for individuals and working on together as a team. The exercises are followed by opportunities for reflection and discussion. The workshop provides a safe place for the participants to try new behaviors by making a safe place to fail at first then taking the time with practice to get it right. As a follow-up to the workshop, we recommend Leadership Coaching to each individual on the team.